		Time							
Respiratory Rate (breaths per minute)	A!	>= 36							İ
	A!	30-35							I
	ER	25-29							
	Doc	20-24							
		15-19							
		10-14							
	A!	5-9							
		≤ 4							1
O ₂ Saturation (a.k.a. SpO ₂ , in %)		≥ 95							
	Doc	90-94							
	ER	85-89							
	A!	≤ 84							1
(other cause,	A!	200+							
	Doc	190-199							
not COVID)		180-189							
		170-179							
		160-169			1				1
		150-159							1
		140-149							1
Blood Pressure		130-139							
(mmHg, systolic)		120-129							1
		110-119							
(only if abnormal) -	Doc	100-109							
	ER	90-99							-
		80-89							
		70-79							-
	A!	60-69							-
		≤ 60							1
	A!	≥ 140							
	ER	130-139							1
		120-129							-
	Doc	110-119							-
Heart Rate		100-109							-
(beats per minute)		90-99							-
(while resting !)	-	80-89							-
	-	70-79							-
	-	60-69							-
		50-59							
	ER	40-49							
	A!	30-39							
Temperature (°C)	ER	≥ 40							≥104
	Doc	39.1-40							102-104
	>2 day	38.1-39							100-102
□ Mouth □ Anus □ Ear (infrared)		37.1-38							99-100
		36.1-37		-					97-98
		35.1-36							95-96
(a oa)	Doc	≤ 35							≤95
Consciousness		Alert							-
	ER	Voice							-
	A!	Pain							1
		Unresp.							-
Confusion	ER								
Pain (0-10)									I

(potential) COVID-19 diary, www.covid-at-home.info

Notes:

Patient Name	:	☐ SARS-CoV-2 posit	tive					
Date of Birth	:	Male / Female						
Today's date	:	Patient weight:	kg					
In the table to the left you can note any measurements. Simply ignore the fields for which you have no measurements. The colors in the chart (or the notes in the left header if this is a black and white print) will tell you what measurements should be cause for concern. "Doc" (orange) means it's time to visit or call a doctor outside of a hospital setting. "ER" (red) means it is recommended to present the patient to a hospital Emergency Room for evaluation, "A!" (purple) means call your emergency number for an ambulance.								
If values are all in the white range, you should have some confidence that the patient can stay at home for now. Note that for temperature, as well as for some other values, there's more guidance in the text at www.covid-athome.info. Note that this diary cannot cover everything. If you worry about the patient for whatever reason, seek help.								

(What food at what time? Is patient drinking / urinating enough? Any medication?)